

Chris Sparks Press Kit

Contents:

1. Official Bio
2. Areas of Expertise
3. Headshots
4. Forcing Function Logos
5. Forcing Function Summary
6. Current Projects
7. Links
8. Full Story

Official Bio

Founder at Forcing Function | Performance Architect

Chris Sparks is a retired professional poker player, recently ranked in the top 20 online cash game players in the world.

At Forcing Function, Chris teaches elite poker frameworks to a select group of twelve investors and executives in meaningful companies. Chris's clients perform at their peak, achieve superior returns on time and capital, and design lives of freedom and purpose.

Chris is the author of *Experiment Without Limits*, a comprehensive workbook for achieving peak performance. Chris leads workshops on decision-making, systems thinking, and performance architecture to organizations and investment teams. He also hosts *Forcing Function Hour*, a podcast revealing principles, systems, and strategies for a competitive edge in business.

Areas of Expertise

- High-Stakes Poker
- Productivity
- Peak Performance
- Systems Thinking
- Decision-Making

Headshots (in order of preference)



[Click to download.](#)

Forcing Function Logos (in order of preference)



Click to download. Additional color variations on request.

Forcing Function Summary

Our mission is to maximize potential in exceptional people by teaching frameworks for peak performance.

Current Projects

- Executive Performance Concierge
 - Chris Sparks offers 1:1 Performance Coaching to a select group of twelve investors and executives in meaningful companies.
- Team Performance Training
 - Chris Sparks teaches his complete system for performance to a select group of investors and executives as a ten-week group coaching program.
 - Offered twice per year in February and October by application only.
- Forcing Function Hour
 - Interviewing top performers to uncover habits, systems, and mindsets to give executives and investors a competitive edge in business.
- Review & reVision
 - Guided reflection and long-term planning workshop.
 - Offered twice per year, in July and January.

Media Links

- Forcing Function: <https://www.forcingfunction.com>
- Performance Assessment: <https://www.forcingfunction.com/assessment>
 - [free quiz] Reveal your greatest opportunity to improve your performance.
- Peak Performance Workbook <http://www.experimentwithoutlimits.com>
 - [free download] Recommendations, prompts, and guided experiments for achieving peak performance.
- Forcing Function Hour Podcast: <http://www.forcingfunctionhour.com>
- Group Coaching Program: <https://www.teamperformancetraining.com>
- Review Workshop: <https://www.reviewandrevision.com>
- Media Appearances: <https://www.forcingfunction.com/appearances>
- Articles: <https://www.forcingfunction.com/articles>
- Twitter: <https://twitter.com/SparksRemarks>

Full Story

I'm a retired professional poker player. Now I work with select executives and investors as a peak performance coach through my consultancy Forcing Function. I split my time between Brooklyn, Austin, and traveling the world.

I grew up in Cleveland, Ohio, and graduated summa cum laude with a dual degree in Marketing and Psychology from Ohio State University.

My dream growing up was to make television commercials. I've always been fascinated with the nuances of human behavior, particularly how we make decisions with incomplete information. This led me to work in brand advertising for Nationwide and Ford Motor Company after being discovered on the show Quad Squads for mtvU. I soon realized that I was a poor fit for the corporate world and fell into a career in poker.

I played poker during university for fun and to pay my tuition. Within eighteen months of "turning pro" after graduation, I was ranked in the top 20 online poker players in the world. At age 23 I retired from the game to travel, visiting 50 countries over the span of two years. I resumed playing poker as a well-paid hobbyist in 2016.

In my poker career, I've played over 2MM hands. In cash games, I climbed from low limits (200NL) to the highest stakes in the world (40kNL, \$50k min buy-in). I've played thousands of tournaments online and across 16 countries (including WSOP, WPT, EPT, APPT, and LAPT main events.) My tournament results include 53 final tables and 15 first-place finishes. I also built an investment arm and consultancy where I trained 100+ players and directly invested in 25 more with an 85% success rate.

I believe the game of poker is an exceptional sandbox for behavior with many transferrable principles to success in business, investing, and life. I'm passionate about teaching high-potential people how to think like a poker player by leading workshops and presentations on poker strategy, behavioral science, and applied game theory to organizations and investment teams.

My current mission is twofold:

1. Work closely with successful executives and investors to deconstruct the commonalities of elite performance.
2. Distill and open-source that knowledge to the world by writing, speaking, teaching, and leading by example.